

PHILAME TEAM LEADER MANUAL



PHILAME

Property of:

Phlameprogram.com 503.494.3737

NATIONAL[®]
CANCER
INSTITUTE




PHLAME

PROMOTING HEALTHY LIVING:
ASSESSING MORE EFFECTS



TABLE OF CONTENTS

Team Leader Training	i
Session 1	1
Session 2	17
Session 3	29
Session 4	47
Session 5	61
Session 6	73
Session 7	87
Session 8	99
Session 9	105
Session 10	111
Session 11	121
Session 12	133
Extra Health and Physical Assessment Pages	137
Elective 1 All Stressed Up & Lots to Do	ST1
Elective 2 Beginning Bread Making	BB1
Elective 3 Cave man Diet	CM1
Elective 4 Container Gardening	CG1
Elective 5 Learning Styles	LS1
Elective 6 General Prevention of Injuries	IP1
Elective 7 Getting the Dirt on Going Organic	OR1
Elective 8 Just a Pinch 'Tween Mah Cheek 'n Gum'	JP1
Elective 9 Multivitamins, Beta Carotene & Prevention of Prostate Cancer ...	MV1
Elective 10 The Power of Plyometrics	P1
Elective 11 Re-Think Your Drink	A1
Elective 12 If You Don't Snooze, You Lose	SL1
Elective 13 Sugar, Oohh Honey, Honey	SG1
Elective 14 Supplements	S1
Elective 15 Understanding Oxygen Uptake as it Relates to Fire Fighting	OU1